

Chile warms the world's hearts

◆ All 33 trapped miners raised to surface, ending 69-day underground ordeal ◆ 'We have done what the entire world was waiting for,' last freed miner tells Chilean president ◆ Jubilant crowd of 2,000 greets men at site

The last of the Chilean miners, the foreman who held them together when they were feared lost, was raised from the depths of the earth last night — a joyous ending to a 69-day ordeal that riveted the world.

No one has ever been trapped so long and survived. Luis Urzua ascended smoothly through 2,000 feet of rock, completing a 22-hour rescue operation.

"We had strength, we had spirit," Urzua told Chilean President Sebastian Pinera immediately after his rescue.

"We wanted to fight for our families, and that was the greatest thing."

The miners made the smooth ascent inside a capsule called Phoenix — barely wider than their shoulders and painted in

the colours of the Chilean flag. Beginning at midnight Tuesday, and as quickly as every 25 minutes, the pod was lowered the nearly half-mile to where 700,000 tons of rock collapsed Aug. 5 and entombed the men. THE ASSOCIATED PRESS/MORE COVERAGE, PAGE 6



Ottawan comes up short of medal at Commonwealth

Terror suspect makes bail

◆ Former Canadian Idol hopeful one of three charged in August {page 4}

Happy to meet his readers

David Bergen in town for Writers' Festival {page 20}





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More loans impossible: Haydon

With Ottawa's net debt rising to more than \$1 billion in the last four years, the city cannot afford to borrow more money, said mayoral candidate Andy Haydon.

"We are not in good financial shape," Haydon said yesterday. "During Larry (O'Brien)'s four years of stewardship, the net debt has risen to over one billion dollars ... This is a tripling of debt."

While Haydon said Ot-

tawa is not exceeding the Ontario Municipal Board limits, "it doesn't save you from a huge debt and a huge increase in taxes that you have to pay for."

The interest rate on this \$1-billion debt is \$80 million a year, Haydon said. "Where is the money going to come from?"

Generally speaking, the city should stop borrow-ing, Haydon said. "You ing, can't have it both ways decrease your taxes and increase your borrowing.'

In order to avoid the second billion-dollar debt for the LRT proposal, the city has no option but to choose bus rapid transit, said Haydon.

"My proposal will cost nothing to the taxpayer I am the only candidate who can guarantee that the provincial uploaded funds will be used for the intended purpose fordable housing.'





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Theo Fleury speaks out on news of a new arrest warrant for ex-coach, Graham James. Video at metronews.ca



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Watson puts pedal to campaign mettle

10-point plan is aimed at a more cycle-friendly Ottawa



Mayoral candidate Jim Watson yesterday unveiled policies to encourage cycling in Ottawa.

"Cycling is good for the environment, good for your health and good for the economy, and unfortu-nately it hasn't had much attention in this election campaign," he said.

High on Watson's list is expanding the city's network of bike paths, and fixing gaps in their conti-

"We have the makings of a good network, but a lot of it is not connected," he said.

"In order for cyclists to feel comfortable and safe, you need to have paths that don't just end in the middle of a street.'

Gearing up

A few proposals from Watson's cycling plan.

- Bike lanes Establish dedicated bike lanes within one vear.
- Enforcement Step up enforcement against bad driving and cycling and against bicycle theft.
- Pathways Accelerate planned expansion of multi-use pathways.
- Meters Triple the number of old parking meters being converted to bike parking posts.
- Transit Add more "Rack and Roll" buses.

\$250KAmount would apply to speeding up projects in the city's comprehensive cycling plan.





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► "Tom Thomson just gets increasingly famous," says author Roy MacGregor, who spent 40 years interviewing dozens of people for Northern Light. "The interest in him is much higher in 2010 than in years previous."



"IT'S ONE OF THE GREATEST MYSTERIES"

An Officer of the Order of Canada and arguably one of Canada's most gifted story-tellers, Kanata resident Roy MacGregor unveils the truth surrounding artist Tom Thomson in his latest book, Northern Light.

What's the book about?

It's a love story. It's a story of Winnifred Trainor, who was connected to my family, and her husband-to-be, Tom Thomson... It's also a full biography of Tom Thomson and it contains some remarkable revelations using CSI-style science to prove once and for all where (he) is buried and where he is found today.

Why are Canadians so fascinated with his story?

It's got many factors: the death at a very young age of a very handsome, dark, mysterious man, and the other is his art (which is) iconic and symbolic to Canada. ... It's al-

so the romance. Women fell head over heels in love with him and he died at the height of his powers. He has a James Dean quality to him.

Where's the mystery in the Thomson story?

Thomson has always been a two-pronged mystery ... One of the greatest mysteries of all time was how he died. Some people think it was an accident, some people think it was a suicide and some people think it was murder. The second part of the ... mystery is where he was buried.

You have a family connection to this story. Did it make the book harder to write?

I've only had one falling out with one member of the family. ... Family connection gave me enormous privilege. My grandfather ... knew Tom Thomson. • TRACEY TONG

Terrorism suspect goes free on bail



● Lawyer hopes case doesn't go to trial ● Wants charges to be stayed

A London, Ont., doctor charged with conspiracy to facilitate terrorism walked free on bail in Ottawa yesterday. Khurram Syed Sher, 28, who once auditioned for the Canadian Idol TV show, was released on strict conditions.

Among them, he must live with Toronto-area relatives who posted bonds totalling \$183,000, and must report to the RCMP weekly.

Details of the bail proceedings are under a publication ban.

Sher was charged in late August along with Ottawa residents Misbahuddin Ahmed, 26, and Hiva Alizadeh, 30. The three men were charged after police seized terrorist literature, videos, manuals and dozens of electronic circuit boards allegedly designed to detonate homemade bombs.

Police said they had uncovered a plot that stretched from the suburbs of Ottawa to Iran, Afghanistan and Pakistan.



"I would certainly hope that they are going to review this case thoroughly before subjecting an individual to this lengthy and very troublesome prosecution." ANSER FAROOQ, SHER'S LAWYER

Ahmed was released on bail last month, but the Crown is appealing that decision. Alizadeh has yet to have a bail hearing.

Anser Farooq, Sher's lawyer, said he hopes the Crown doesn't appeal his client's bail.

"It would not be an appropriate position," he said.

THE CANADIAN PRESS



Building Canada, in 200 pages

John Ralston Saul, as general editor of Penguin Canada's Extraordinary Canadians series — short biographies of 18 historymaking Canadians by prominent national writers — knows the challenge of putting great stories into small books.

"The greatest test for a writer is to do a big topic in 200 pages," he said. "That

requires enormous writing skill and intellectual sophistication. Any ordinary writer can write a 400-page book."

As author of the series' book on Louis-Hippolyte La-Fontaine and Robert Baldwin, leaders of Lower and Upper Canada and builders of present-day Canada, Saul gets right to the essence of their story: "They don't meet until they're in their mid-30s and then they have this 11-year tempestuous marriage, they become each other's closest friends and political allies ... basically by the time they leave power in 1851, they're so exhausted that they just go away and die ... broken by the effort that it took to turn Canada into a democracy." © STEVE COLLINS





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TV show kept the world spellbound

Global village watches a 'little modern miracle' at Chile mine

Plane crashes threats, oil spills.

The TV news diet is often dire, rarely joyous.

And then there were the pictures yesterday of brave, dignified miners who had been trapped beneath the ground for more than two months being brought to the surface, to breathe fresh air and to hug their loved ones.

Communications technology — including live video from within the mine — turned the entire world into a global village hoping for the safe release of men they did not know and would probably never

"It feels like we're all there with them even though we're so far away in London," said Jose Torra, 34, as the rescue unfolded.

"For once it is a story with a good ending.

In New York City, Mark



and Susan Vannucci, a landscaper and a nurse, watched the rescue on a TV at a Times Square restaurant.

"It's a heartwarming story. It's family values, it's

leadership, it's everything that we should have here,

Mark Vannucci said. His wife said: "Instead of those guys in the mine turning on each other, worked together,

they bonded."

"Ît's a miracle, a wonderful event," said Bernard Carr, a mathematics and astronomy professor chatting with other passengers London's

Street train station.

In Germany, Foreign Minister Guido Wester-welle said on TV: "What's happening here is a little modern miracle."

THE ASSOCIATED PRESS

Canada helps

- Canadian companies have taken part in the rescue. Calgary-based Precision
- Drilling Corp. says it's proud of the role its crews played in digging a hole to reach the men.
- Atco Structures and Logistics sent portable buildings to the mine site.

They gathered in churches, community centres and living rooms across Canada to watch the dramatic rescue of their brethren trapped a Chilean mine.

The miracle story is one Chilean-Canadians their homeland was long-

"It's been a pretty emotional year for Chile with the earthquake, and with this now," said Pablo Vivanco of Toronto.

"Everyone is quite re-lieved and quite happy that there's finally a good story in all of this.

Jose Astorgasay of Win-

nipeg was sitting with his family in the living room watching anxiously as the first rescuer was lowered into the shaft.

"I'm very nervous, very nervous. From now on everything can happen,'

Sandra Azocar of Ed-

monton's Chilean-Canadian Cultural Association said: "I think everybody's just glued to their TVs, because the majority of Chileans have satellite TV. In Chile, nothing else is on TV except the rescue of the miners.

THE CANADIAN PRESS

Leaving a job to have kids? It'll cost vou

Working moms who leave and re-enter the labour force to have kids could be feeling the financial pinch, facing wage losses of three per cent for each year of absence, according to a new TD Economics

In Career Interrupted — The Economic Impact of Motherhood, authors Beata Caranci and Pascal Gauthier suggest what is dubbed the "motherhood gap" in wages primarily occurs because of wage penalties mothers experience every time they exit and re-enter the workforce.

The report finds persistent wage loss is as much as three times more severe for frequent exits than it is for long absences.

This results in mothers losing more wages than co-workers who take extended leaves for other reasons

"This new insight provides a vantage point for employers on how to reengineer jobs and provide the flexibility this demographic demands," said Gauthier, a senior economist with TD Economics. THE CANADIAN PRESS

"With a significant portion of the skilled labour force in Canada retiring over the next 10 years, employers will need to do all they can to attract and retain highly skilled women, including

mothers.' PASCAL GAUTHIER



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SPEEDING CHARGE

Busted ... by vid on Facebook

Three Israelis took the fast lane to the police station by posting a Facebook video of themselves speeding along a highway at 260 kilometres an hour.

Police spokesperson Micky Rosenfeld said the driver was charged yesterday with reckless driving and endangering public safety.

He said the two passengers are expected to be charged with encouraging the driver to break the law.

It's the first time police have made a traffic arrest based on a homemade video, he added.

The Haaretz daily published a picture of the clip showing the speedometer pushed to its maximum.

It said the passengers clapped as the driver picked up speed.

Whale of a trip shocks experts

It wasn't love. It could have been adventure. Or maybe she just got lost.

Why did a female humpback whale swim thousands of miles from Brazil to Madagascar?

Researchers believe it's the longest single trip ever undertaken by a mammal — humans excluded.

Humpbacks normally migrate along a north-south axis to feed and mate. This one swam thousands of miles to the east.

Marine ecologist Peter Stevick says it probably 40 Humpback whales are powerful swimmers, and the 40-ton behemoths typically clock up 5,000 miles from the frosty waters of the North Atlantic or Antarctica to areas around the equator.

wasn't love that motivated her — whales meet their partners at breeding sites.

Stevick calculated that the whale must have travelled 10,000 kilometres.

Oh, oh Obama: Campuses cooling



Students unhappy with prez, new poll shows Bad news for party

The Obamamania that gripped U.S. college campuses two years ago is gone.

An Associated PressmtvU poll has found college students cooling in their support for President Barack Obama.

It's a fresh sign of trouble for Democrats struggling to rekindle enthusiasm among many of these newest voters for the crucial elections in three weeks.

Forty-four per cent of students approve of the job Obama is doing as president, while 27 per cent are unhappy with his stewardship, according to the survey conducted late last month.

That's a significant drop from the 60 per cent who gave the president high marks in a May 2009 poll.

Only 15 per cent had a negative opinion back then.

It is not just students.

"People expect things to happen quickly. I don't think people understand it takes time."

ELIZABETH WRIGHT, A SENIOR AT THE UNIVERSITY OF COLORADO, ON THE SLOW PACE OF CHANGE

Obama's support from many groups has ebbed since his early months in office because of persistently high unemployment and opposition to his plans to revive the economy and overhaul the health care system.

Experts say many students are unhappy with Obama's handling of the economy and the war in Afghanistan. There's also frustration with the messy political process and his inability to deliver on his campaign promise to change Washington.

THE ASSOCIATED PRESS

Charged over baby in garbage

A woman accused of putting her dead newborn infant into a garbage bin will stand trial. Angela Vermeulen, 33, of Weyburn, Sask., is charged with disposing of a body with intent to conceal.

THE CANADIAN PRESS

Sludge spill firm's boss walks free

A judge has dismissed prosecution demands that the head of a metals company linked to Hungary's red sludge spill be charged with negligence. Zoltan Bakonyi was released from custody, his lawyer said.

THE ASSOCIATED PRESS



Charest called vendetta victim

A lawyer for the Quebec Liberal Party says former justice minister Marc Bellemare is engaging in a vendetta against Premier Jean Charest with allegations of political cronyism.

Andre Dugas told a commission looking into improprieties in the appointment of provincial judges there is no evidence to support Bellemare's al-

legations.

Dugas suggested Bellemare could be motivated by revenge against Charest, who didn't support his proposed reforms for the justice department.

The lawyer also proposed Bellemare had an axe to grind with two fundraisers who did not back his bid to be Quebec City mayor in 2005.

"It's a vendetta, it's clear," Dugas said.

The premier has filed a defamation lawsuit against Bellemare and Bellemare has countersued.

The commission looked into allegations by Bellemare that he was squeezed by Liberal fundraisers to favour Liberals when appointing judges.

THE CANADIAN PRESS



Ex-coach faces new charges: James' lawyer

• Winnipeg police release refers to investigation of complaints but says no more info would be released

The lawyer for convicted sex offender Graham James says the former junior hockey coach faces several new charges of alleged sexual assault dating from the late 1970s through the early 1990s.

Evan Roitenberg refused yesterday to reveal whether he had spoken to James, but did say: "Mr. James has indicated nothing but a willingness to cooperate with the police in their investigation. That hasn't changed."

Police confirmed a Canadian Press report that a Canada-wide warrant had been issued for James.

"What it means is I'm going to be discussing with the police and-or the Crown's office how best to proceed at this point," Roitenberg said. "I'm hoping to have those discussions sooner rather than later."

Police spokesman Const. Jason Michalyshen refused to provide more details about the new charges.

Michalyshen had said earlier in the day that police did not want to do anything to jeopardize the investigation. He wouldn't say how many alleged victims might have been contacted by police. Roitenberg said he had

Roitenberg said he had no details of the police investigation.

THE CANADIAN PRESS

Fleury reacts

Theoren Fleury had a hard time getting the words out just hours after learning a warrant was on the way for Graham James.

- "I knew it was coming," Fleury said during a news conference yesterday. "It's been an interesting day so far because I have all kinds of feelings going through my mind."
- ▶ Fleury's tell-all autobiography last year contained new sexual abuse allegations against James, who coached Fleury and fellow NHLer Sheldon Kennedy as teens.



Send in the clown

Today's photo of the day is by Canadian gueorguiev and was submitted in the Emotions category. The photo is titled: It. Enter your photos today and view more pictures at metrophotochallenge.ca.



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Court of Appeal makes decision on the nigab

• Women to remove face-covering veil on witness stand, but only if it jeopardizes accused's right to a fair trial

Ontario's highest court says witnesses who wear a niqab must remove it on the witness stand — but only if wearing the face covering veil truly jeopardizes the accused's right to a fair trial.

But the Ontario Court of Appeal stresses each situation must be examined on a case-by-case basis.

In a decision yesterday, the court also says trial judges must respect religious beliefs and examine them to determine if removing the niqab is neces-

The thorny issue stems from a case, which began in 2007, when a woman identified only as N.S., told



police her cousin and uncle repeatedly sexually abused her as a child.

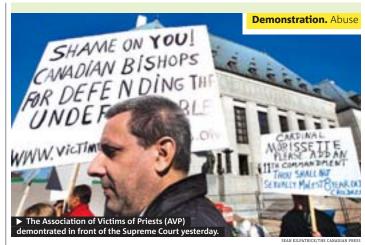
At the preliminary inquiry the judge ordered N.S. to remove her veil to testify, but the ruling ended up in the Appeal Court. The high court has sent

the case back to the preliminary inquiry judge, and ordered the judge to let N.S. make arguments about her religious beliefs.

A lawyer for one of the defendants said N.S. has not said she refuses to testify without her face covered, just that she would more comfortable wearing the niqab.

Several groups split on whether or not the woman should be able to wear the veil on the witness stand, and lawyers from at least seven parties made submissions to the court

THE CANADIAN PRESS



Speaking out about sexual abuse

The Association of Victims of Priests (AVP) demonstrated in front of the Supreme Court of Canada in Ottawa yesterday as hearings take place in the case of Shirley Christensen, who as an eight-year-old was sexually abused more than 40 times by convicted Quebec City pedophile Father Paul-Henri Lachance.

Critics say Canada's 13 provincial and territorial regulators create regulatory red tape and raise the cost for companies who want to list their shares on Canadian stock markets

New rules for electricity

retailers in Ontario will

help "clean up the indus-

with

information and more protections, Energy Minis-

ter Brad Duguid said yes-

been getting far too many

sumers

and provide con-

government has

better

Securities leader

Ontario Securities Commission has appointed a new leader who will oversee investment activity in the province, as well as guide the body's integration into a national se-

Electricity retailers get rules

Former judge Howard Wetston will replace David Wilson, whose fivevear term as chairman ends Oct. 31

THE CANADIAN PRESS





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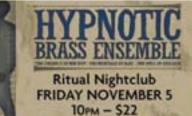
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scrupulous energy retailers, so new rules kick in next year to make the industry more responsive to consumers' concerns, said Duguid.

The new rules stem from legislation introduced last December. THE CANADIAN PRESS







Talking to the Taliban

▶ Hamid Karzai's govt. admits to some high-level contact with the Taliban
 ▶ U.S., NATO hope talks lead to political reconciliation with the insurgency

U.S. and NATO forces are helping top Taliban leaders sit down for talks with the U.S.-backed government in Afghanistan as a step toward political reconciliation with the insurgency, a senior NATO official said yesterday.
Some talks between the elected government and the insurgents have taken place in Kabul, the official said, where Taliban leaders would not dare to travel

without NATO approval.

The account was the most detailed yet of the U.S. and NATO role in clandestine talks that officials have said has been happening for several weeks.

The government of Afghan President Hamid

Karzai has acknowledged some high-level contact with the Taliban, a homegrown Islamist insurgency seeking to displace Karzai's secular government.

THE ASSOCIATED PRESS

Hurricane Paula roars

Hurricane Paula roared off Mexico's top vacation resort of Cancun yesterday without immediate reports of major damage, and it was projected to veer into western Cuba's cigar-producing country. 20 Cancun has cancelled more than 20 domestic and international flights due to Hurricane Paula.

The Category two storm, with maximum sustained winds of 160 km/h, swiped at the island of Cozumel and Isla Mujeres overnight during its northward trek. THE ASSOCIATED PRESS

Man denies raping his five daughters

A New Jersey man accused of raping five of his daughters and impregnating three says the charges against him are "all lies."

Under questioning by his lawyer yesterday, the man said claims by his former wife and daughter that they were routinely abused or sexually assaulted can't be true.



Drilling talks

European Commissioner for Energy Guenther Oettinger spoke during a media conference at EU headquarters yesterday. The commission called for a moratorium on "complex" drilling projects in Europe.







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Apple's shares hit all-time high

Apple's shares topped \$300 US for the first time in its history yesterday as stellar iPad sales and a planned expansion into China give investors all the assurance they need for the iPhone maker's already healthy prospects. The rise gives Apple a market capitalization of about \$273 billion. Apple had long surpassed the scale of tech heavyweights such as Microsoft Corp., Google Inc. and IBM, which also hit an all-time high yesterday.

Loonie again knocking on parity's door

One analyst sees loonie rising to \$1.15 US in the next year • Three years ago loonie flew to \$1.10 US

Canadian moved close to parity with the U.S. dollar vesterday. closing up 0.57 of a cent at 99.52 cents US after going as high as 99.89 cents.

Since last reaching parity in April, the loonie has approached the psychological barrier times, only to fall back each time.

But Scotiabank currency analyst Camilla Sutton said this time may be different, given that the U.S. dollar continues to face pressure and has been falling against most of the world's currencies as the American economy remains sluggish.

The most recent appreciation follows release of minutes from U.S. Federal Reserve officials that suggest the American central bank, which already has a zero interest policy rate, to

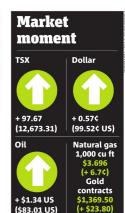


"The Canadian dollar is one of the worst performing currencies in the world, except for the U.S."

DAVID WATT, CURRENCY STRATEGIST WITH RBC

further ease conditions. The loonie is also propped up by strong commodity prices.

Since June 7, the recent high for the U.S. dollar, the Australian dollar is up



about 23 per cent, the euro 17 per cent, and the Japanese yen 12.

In comparison, Canada has gained a mere six per cent, analysts note. THE CANADIAN PRESS



BEARING DOWN WITH THE BRUINS



I like pretty much any sport, even the fringe ones like lawn darts or walking or Canadian football. But my one true sports love is hock-

t doesn't need to be the playoffs or even a big game for me to be interested. I can watch Florida play Phoenix in mid-January and I'll be satisfied.

But if you want to see me "literally explode" (as the sports anchors like to say) it needs to be a Boston Bruins game.

My dedication to the Bruins is such that I get severely annoyed when people ask, "So now that the B's are eliminated, who are you cheering for?"

The question doesn't even

make sense to me. Once the Bruins are out, I cheer for plane crashes. If Montreal and Toronto ever hold an outdoor game in Tenerife, I'll watch with great in-

I do have a pecking order of teams I cheer against.

I hate Montreal most because that's what is written in the Hockey Guide To Fandom, then San Jose for reasons too arcane to go into here, then Philadelphia because they are

After that, I hope whatever team I know the least fans of wins, so I might avoid the inevitable summertime gloating. Go, Columbus, go.

Hockey is great because it gives people in this country something to talk about.

The lost season a few years ago wasn't sad because of the loss of the National Hockey

League, which doesn't know its ice from its elbow, but because it left us with nothing to discuss.
In the depths of

winter, it's nice that downtown Toronto and northern Alberta have something in common. It's like

talking about Betty White with your grandmother so you can avoid discussing how often you've used that rosary she

And for me, personally, I like

hockey (and sports in general) because it gives me an excuse to be irrational. I spend the rest of my life depressed by religion, scared of nationalism, and pissed off by mysticism.

But along comes hockey and I can be completely consumed by joy or anger or fear, all because I like the team with the "B" on its sweater.

It makes no sense, which is what makes it fun. It means everything and it means nothing - all of the joy and fear with none of the real-life risk. What could be better?

Well, the Montreal Canadiens literally exploding, maybe. But



Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon



Weeding out opinions

Letters **Tweets**

We asked: Should marijuana be legalized?

TORONTO. Yes, I think it should. There is too much violence associated with it when it's not legal. NANCY SCOTT

@rrrebeccaa yes! it's a 7-billion a year industry. tax it, sell it, and help countries with their debt.

@zacivich legalize. it's proven that the gateway theory is garbage, no health effects from the drug itself.

TORONTO. Marijuana should be legalized for adults because adults

Where's Cheech?

"It means

everything and

it means nothing

and fear with

none of the

real-life risk."

all of the joy



should have the right to choose which recreation substance to use, especially since alcohol is much more dangerous.

Re: Lindsay Lohan

TORONTO. I read in Letters & Tweets about a fan who doesn't like the exposure Metro gives to Lindsay Lo-

I for one am quite interested to know what is going on with her. I like seeing the photographs, I like seeing the full-page articles on her. It's a great story — of her addictions, of her meddling father, her relationships ... it's a Hollywood movie inside a Hollywood movie. TOM TKACH

What would you want with you if vou were trapped in a mine?

Email ottawaletters @metronews.ca **Twitter** @metroottawa

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Metro Minute with A Night At The Races

The fight against women's cancers continues with A Night At The Races at the Rideau Carleton Raceway tonight. The event is organized in support of The Weekend To End Women's Cancers, which in Ottawa benefits the Ottawa Regional Cancer Foundation.

The foundation is a registered charity that supports cancer services and world-class cancer

search across eastern Ontario. Funds raised by the foundation benefit search initiatives at the Centre for Cancer Therapeutics at The Ottawa Health Research Institute.

To purchase tickets for A Night At The Races, email Holly Campbell-Beaudette at hollycampbe@gmail.com or call 613-443-0775.

TRACEY TONG



scene

Hilary Duff romance novelist



Situation" Sorrentino is headed back to the Jersey shore. The reality star with the chiseled abs was eliminated from Dancing With the Stars Tuesday. He and professional partner Karina Smirnoff came into the show in last place after performing an Argentine tango Monday that one judge called "a terrible mess.





◆ Young adults have always been Hilary's fan base ◆ Now she's reaching them in a new way by writing a romance-adventure novel

Hilary Duff may be a recently married voung woman of 23, but when it comes to books she's not quite ready to grow up.

"I love reading young adult books even though I'm a little older than the set demographic for YA," she said Tuesday. "I love adventure. I relate to girl characters, love, finding yourself and breaking out of the mould that people put you in."

It makes sense then that the actress and singer would decide to write her first novel "Elixir" for the

vounger set.

Duff may have a feel for her reading audience, too, from knowing her viewing audience. Duff played Lizzie MacGuire for two seasons on the Disney Channel from 2001-2004. Fans who watched her on TV may also want to check out her book.

"This idea just kept coming to me and building in my head. I thought 'What am I gonna do with this?

Duff has had a busy year. Besides writing, she also wed pro hockey play-

'Then I thought: 'I'm open for a new challenge. I'm going to try to write a book." HILARY DUFF

er Mike Comrie in August.

She says publishing deadlines can be more stressful than planning a wedding.

"It's very similar ... They (publishers at Simon & Schuster Children's) were very good to me during the writing process and very lenient with dates and stuff until the very end. Then it got hectic. I was planning the wedding, and there's deadlines with that, too, like getting the location and getting your dress at a certain time ... I tend to do everything at the last minute ... I couldn't even choose which one is harder. I guess I'd say the

Duff plans Elixir to be the first in a series of novels. She will begin its sequel in a few weeks.

"That's one thing I learned during the writing process. So much changes.

Elixir

Elixir is about a young photojournalist named Clea Raymond whose photos have extra images in them that weren't there originally. Then her father disappears. Clea sets off to unravel the mystery of

You have an idea in your head and then more ideas come with that idea and then your premise can

kind of change." Next up, Duff will guest star on the NBC sitcom Community in November.

THE ASSOCIATED PRESS



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Glee-ful fans pen show guide

• Toronto writers drawn to relateable characters • Both had fan blogs for the show

Rachel Berry might not always be the most likable character on Glee.

But the Toronto-based authors of Don't Stop Believin': The Unofficial Guide to Glee (ECW Press) say she's the character they most identify with.

"I was totally a Rachel Berry in high school," says Erin Balser, 26. "I was so obnoxious and driven and dedicated and over the top, and I didn't have a lot of friends.

Co-author Suzanne Gardner, 25, says she also relates to Rachel, as well fellow Glee-clubber

"My high school me has a lot of Rachel and Tina in me. There's the shy side of Tina, but there's also a lot of Rachel's go-get-it-ness even when that's completely ridiculous, and maybe a little big headed," says Gardner.

The show's relatable characters are partially what inspired Balser and Gardner to pen the Glee guide, which includes cast biographies, episode synopses, behind-the-scenes tidbits and explanations of the pop culture references that pepper the show.

The book also includes star ratings for each episode in categories of drama, comedy and mu-

Balser, an associate producer at CBC, and Gard-ner, a web writer for Toronto mayoral candidate Joe Pantalone, did not know each other before writing the book.

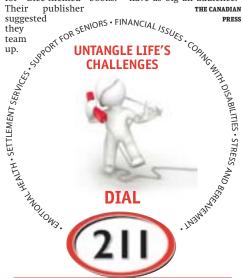
Both had Glee fan

"People (will) know if it's going to be a fun episode or an emotionally heavy one."

blogs (Balser runs Glee Dork, while Suzanne writes one called Gleeks United) and initially submitted separate proposals for Glee-themed books.

inemed ineir publisher suggested thev

fan base with her blog and had proven that she could write really detailed, thorough and enthusiastic recaps. I hadn't established myself because my blog was much newer than (Suzanne's) and didn't have as big an audience. THE CANADIAN



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"They saw a lot of different strengths (in terms) of what we could bring to the table," says Balser. "(Suzanne) had quite a big

dream sequence episode of Glee.

TV picks

Community takes flight

SEASON TWO. Community has followed its critically acclaimed freshman year with an ambitious set of second-season episodes. In this one, Dean Pelton decides Greendale must have its own flight simulator to keep pace with the rival City College. (Citytv, NBC)

30 Rock goes live

COMEDY. Off-the-wall comedy 30 Rock will be more unpredictable than usual with tonight's first live episode. Liz is angry when no one seems to remember her 40th birthday on show night, while Tracy decides to break character all evening. On Fringe, a shapeshifter is on the loose while Walter (the excellent John Noble) faces danger during an investigation at Massive Dynamic. (Citytv,



Stewart feels at home with Hallmark

A deal that joins Martha Stewart with Hallmark Channel — it seems like a marriage made in heaven. It seems like the sort of they-lived-happily-everafter pairing you might find at the fade-out of a Hallmark Channel movie.

Consider: After five seasons of scattershot scheduling in local syndication, Stewart last month moved her weekday home-and-lifestyles hour to the fixed address of a single cable network. The Martha Stewart Show now airs each day at 10 a.m. ET on Hallmark Channel.

Every day, same time: a new episode of cooking,

decorating, entertaining, gardening, with a live audience and celebrity Tuesday, guests (on Martha carved pumpkins with "Jackass" star John-ny Knoxville), all framed by the precision and deliciousness of Martha Stewart's signature do-ityourself style.

But there's more.

As part of this multiyear strategic partner-ship. Martha Stewart Living Omnimedia Inc. is supplementing the flagship Martha Stewart Show with other programs on Hallmark Channel's daily lifestyle block.

At 11 a.m., author-foodeditor-mom Lucinda Scala Quinn hosts a feed-yourfamily-quickly-andheartily cooking show, Mad Hungry.

At noon, Martha's daughter, Alexis Stewart, teams up with her chum Jennifer Koppelman Hutt to co-host a sassy girl-talk hour. Whatever With

Alexis & Jennifer.

That's still not all
Martha Stewart has up her sleeve. Added to the mix are occasional primetime specials.

In November, she will interview Seth Meyers and other comedians, and her Christmas special will feature Jennifer Garner and Claire Danes.

THE ASSOCIATED PRESS

metr@writers festival

metronews.ca THURSDAY, OCTOBER 14, 2010

John Doyle: Soccer evangelist



John Doyle is best known as the TV critic for the Globe and Mail, but he gives voice to a lifelong passion in The World is a Ball: The Joy, Madness and Meaning of Soccer

His appearance at the Ottawa International Writers Festival involves entering the turf of Prime Minister Stephen Harper, whom he mockingly calls "Glorious Leader" in his columns.

Doyle says Harper,

hockey fanatic who's writ-

ing his own book on that sport, and the Conservatives in general, could bene fit from the quintessentially global game that is soccer.

"If you are interested in soccer, it indicates you are interested in the world outside," he says. I think this government has sort of made a fetish of hockey and attaching itself to hockey as an indication that the party, the leader are connected to traditional Canadian culture. Soccer, I suspect, is something they look on as being suspicious, probably metrosexual or unmanly,



and one of those things that only has a foothold in Canada because of multiculturalism, which in itself is probably a policy they're suspi-

cious about.

Doyle will talk soccer with fellow author Dave Bi-dini at the Ottawa Public Library, October 26 at noon.

beautiful

In his book, Doyle calls In his book, Doyle calls Zinedine Zidane's noto-rious headbutt in the 2006 World Cup "an artistic statement against mediocrity." He explains: "This was a famous player at the end of his career, putting up with nig-

putting up with nig-gling fouls, having his

shirt tugged, having his ankles kicked and all those things that defenders do to attempt to stop a gifted striker in soccer. "Here was Zidane the

artist saying in his final game, 'Enough. No more mediocrity. I am rejecting those people who want to reduce this beautiful game to something that's ugly,' and it was his final gesture as an artist."

STEVE COLLINS

Debunking the cult of the expert

Dan Gardner exposes how dumb the smart people can be



Ottawa Citizen Columnist

Dan Gardner won the Science in Journalism Award from the Canadian Science

The experts

speak A few examples of

expert predictions that didn't quite pan

- "I think there is a world market for maybe five computers." - Thomas Watson, chairman of IBM, 1943.
- "If excessive smoking actually plays a role in the

Writers Association for his

production of lung cancer, it seems to be a minor

-W.C. Heuper, National Cancer Institute, 1954.

"It will be years — not in my time — before a woman will become prime minister." -Margaret Thatcher,

October 26th, 1969.

"There is no reason for any individual to have a computer in his home." —Ken Olsen, CEO of Digital Equipment Corporation, 1977

last book, Risk: The Science and Politics of Fear, which examined the reasons why our perceptions of danger are so out of line with actual danger.

Now he's back, asking why the people who are supposed to have all the answers are so often wrong, in his new offering, Future Babble: Why Expert Predictions Fail — and Why We Believe Them Anyway.

Even though no leading economist saw the crash of 2008 coming, Gardner says, we continue to listen to their predictions of how long the subsequent economic slump

"We have a profound aversion to uncertainty,' he says.

"It's so profound that if you're told you may have cancer, and you're waiting for the results, very often people will express relief when they're told, 'Yes, you do have cancer.' The reason why is because a bad thing happening can actually be less of a psychological burden than the possibility of a bad thing happening.

"That's what's funda-mental in this stuff, and this is why we keep getting suckered by these guys."

Gardner appears at the Mayfair Theatre Sunday at



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IDEAS NEED



WEDNESDAY, OCTOBER 20

NOON: BECOMING CANADA WITH KEN DRYDEN NAC, Salon, 53 Elgin Street

6:30 PM: BY NIGHTFALL WITH MICHAEL CUNNINGHAM **Southminster United Church**

8:30 PM: 10TH ANNUAL RELIT AWARDS CELEBRATION The Barley Mow, 1060 Bank Street (A Free Event)

THURSDAY, OCTOBER 21

6:30 PM: PAST IMPERFECT John Lawton, Michal Govrin, Keith Oatley and Frederick Reiken

8:00 PM: THE CELLO SUITES WITH ERIC SIBLIN AND WINONA ZELENKA **Southminster United Church**

8:30 PM: PRESENT TENSE H. Nigel Thomas, A.J. Somerset, Ken Finkleman and Joshua Ferris

FRIDAY, OCTOBER 22

NOON: ONE ON ONE WITH SCOTT TUROW The Black Thorn, 15 Clarence Ticket includes lunch & copy of Innocent - only available by phone or online.

6:30 PM: HALF EMPTY WITH DAVID RAKOFF

8:00 PM: CRIMINAL MINDS Peter Robinson, Randall Denley and Scott Turow. **Southminster United Church**

8:30 PM: CAPITAL XTRA'S TRANSGRESS Marcus McCann hosts Lisa Foad, Amber Dawn, Peter Dubé and S. Bear Bergman.

SATURDAY, OCTOBER 23

2:00 PM: THE JEW IS NOT MY ENEMY: THE MYTHS THAT FUEL MUSLIM ANTI-SEMITISM WITH TAREK FATAH

4:00 PM: ETHICAL OIL? WITH EZRA LEVANT

5:00 PM: PLAN 99

With Ken Sparling'and Sheila Heti (A Free Event)

The Manx Pub, 370 Elgin

6:30 PM: WHY THE WEST RULES — FOR NOW WITH IAN MORRIS

7:00 PM: KENK: A MULTI-MEDIA PRESENTATION Library and Archives, 395 Wellington

Tickets: \$15 (only available from the Animation Festival)

8:00 PM: THE DISAPPEARING SPOON: THE HISTORY OF THE WORLD FROM THE PERIODIC TABLE

WITH SAM KEEN

Southminster United Church



"Basically, if you've thought about it, The Writers Festival has invited someone to discuss it." -Ottawa XPress

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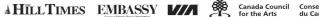
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8:30 PM: ROLLING DARKNESS REVUE

James K. Moran, Glen Hirshberg and Peter Atkins

SUNDAY, OCTOBER 24

11:00 AM: BOOKS AND BRUNCH AT THE NAC Micah Toub, Charlotte Gray, Roy MacSkimming and Lawrence Martin. (Tickets only available by phone or online) National Arts Centre, Panorama Room

2:00 PM: ZERO HISTORY WITH WILLIAM GIBSON

2:00 PM: OUR FRIENDLY NEIGHBOURHOOD TERRORIST WITH MARY JO LEDDY Southminster United Church

4:00 PM: LIVING HISTORY Alison Pick, Claire Holden Rothman, Kate Pullinger and Richard B. Wright

6:30 PM: FUTURE BABBLE WITH DAN GARDNER

8:00 PM: BLOOD ON THE STONE: GREED, CORRUPTION AND WAR IN THE GLOBAL DIAMOND TRADE WITH IAN SMILLIE (A Free Event)
Southminster United Church

8:30 PM: FAMILY TIES
Sandra Birdsell, John Lavery and David Bergen

MONDAY, OCTOBER 25

NOON: TRAVELS THROUGH AMERICA with Wayne Grady and Merilyn Simonds OPL Auditorium, 120 Metcalfe

6:30 PM: AFTER TEHRAN WITH MARINA NEMAT

6:30 PM: BYWORDS' JOHN NEWLOVE POETRY AWARD Southminster United Church, 15 Aylmer Ave (A Free Event)

8:00 PM: GOLD DIGGERS: STRIKING IT RICH IN THE KLONDIKE WITH CHARLOTTE GRAY Southminster United Church

8:30 PM: POETRY CABARET
Peter Norman, Sandra Ridley, George Murray
and M.T. Kelly

TUESDAY, OCTOBER 26

NOON: HAVING A BALL Dave Bidini and John Doyle OPL Auditorium, 120 Metcalfe

6:30 PM: OUTSIDERS
Anchee Min, Alexander MacLeod and Emma Donoghue

8:30 PM: CLOSING CELEBRATION: OLD OTTAWA SOUTH

Kate Jaimet hosts Phil Jenkins, Tim Wynne-Jones, Charles de Lint, Elizabeth Hay and Brian Doyle.

OCTOBER 27: BOOKER PRIZE NOMINEE ANDREA LEVY Southminster United Church

UNLESS OTHERWISE NOTED, EVENTS ARE HELD AT THE MAYFAIR THEATRE, 1074 BANK (at Sunnyside).

0 ~

metr@writers festival

metronews.ca THURSDAY, OCTOBER 14, 2010

Happy to meet readers

◆ The Matter with Morris is Giller nominated author David Bergen's fifth novel



Returning for his third engagement at the Ottawa International Writers festival, Winnipeg novelist David Bergen displays none of the crabbiness or road fatigue that sometimes afflicts travelling authors.

"I have no complaints about touring," he says. "I think it's part of the process of putting a book out and I think I have no reason to complain. It's a good life to be able to go out and read to the public and talk about my book and get a response

"It's a good life to be able to go out and read to the public and talk about my book." from the readers, I mean, Why not? It's a good thing."

And it's not readers alone who are taking notice of Bergen's work. His latest novel, The Matter with Morris, in which the title character struggles with the death of his soldier son in Afghanistan and the collapse of his marriage, has been nominated for the prestigious Scotiabank Giller Prize, which he won in 2005.

"I was very surprised and

"I was very surprised and one is always surprised by these things," Bergen says. "You don't write a novel to get nominated for prizes, but of course it's very wonderful to be nominated and I'm happy about it, absolutely."

Bergen appears at the Mayfair Theatre with Sandra Birdsell and John Lavery Sunday at 8:30PM.



Giller shortlist

Bergen won the Scotiabank Giller Prize in 2005 for his novel, The Time in Between. His latest, The Matter With Morris, has been nominated this year. If he wins, he will be only the third author in the \$50,000 award's 16-year history to accept it twice. (Alice Munro and M.G. Vassanji are the currently the only ones to have done so.) The other 2010 Giller finalists are:

- Alexander MacLeod, Light Lifting (Biblioasis)
- Sarah Selecky, This Cake is for the Party (Thomas Allen Publishers)
- Johanna Skibsrud, The Sentimentalists (Gaspereau Proce)
- Kathleen Winter, Annabel, (House of Anansi Press)



VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total, Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

I am feeling sad and depressed 0 0 I am having difficulty sleeping 0 0 I am feeling low in energy and slowed down My appetite has changed I am experiencing feelings I have lost interest in work and pleasurable activities I feel hopeless about the future 0 0 I feel tense and anxious 0 0 I am having difficulty making 0 0 decisions I am having trouble concentrating 0 0



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Joining the family business

Michael Jackson's nephew showed a passion for music at a young age ◆ Melody the key to his album

Over a decade ago, when Michael Jackson was working on what would become his final album, a young producer named Rodney Jerkins set up shop in the dance room of the singer's Neverland Ranch. A youngster approached Jerkins with a bold swagger.

"I'm going to work with you. We're going to work together on my album," Austin "Auggie" Brown told Jerkins, who flashed back to his own introduction to Jackson as a teenager

"I'm looking at this 13-year-old kid and I'm seeing all this ambition and it reminded me of myself the first time I met his uncle," Jerkins recalls. "I believe that when you speak things into existence, it happens. ... I said, 'I'll be ready when you're ready."

Brown — the son of

Brown — the son of Jackson's older sister Maureen, known as Rebbie — is now 24, and has been

working at Jerkins' Los Angeles studio for months to create his debut album, 85. He's a serious and passionate student of music and dance, with handsome, distinctively angular facial features that recall his uncle in the Thriller period. Surrounded by musicians in his formative years, "I was a sponge," he said.

"My brother-in-law Rex,

"My brother-in-law Rex, who taught me how to produce, he would show me how to play like a Janet song or something. And then I'd go to her and be like 'Watch this!"' he said. "I wanted to learn and to learn the songs. Play the songs, and then get the reaction from playing it and show people. I wanted to figure out the music, not just be around the music."

Perhaps the only surprise is that Brown didn't enter the family business sooner.

"It was really important to me to develop," Brown said in an interview alongside Jerkins, with his mother looking on quietly. "First and foremost, music is a privilege. It's not an entitlement for me. So I wanted to get better and get to the point where I felt like I was ready. And I did it on my own."

To be sure, Brown first hit a stage when he was 3 at one of his mother's concerts in Japan. It was family connections that led him to talented dance coaches in Las Vegas and to Jerkins, and family connections that prompted interest from People magazine, Access Hollywood and MTV even before the release of his first song. But Brown makes it clear that he wants to succeed based on his own talent.

"My last name is Brown. And you know, I can't help where I come from, but I love where I come from," he said



Brown says his album will blend classic soul and 1980s pop sounds with contemporary dance beats. He cites as influences Billy Idol, George Michael, Prince and his uncle — particularly when it comes to the key ingredient in songcraft.

"My uncle, he was a stickler on that. He always told me, "The melody. Be true to the melody. Melody is key." Brown said. "So that's really what we tried to do with 85."

THE ASSOCIATED PRESS



Richie blasts paparazzi for following kids

◆ Actress says photographers go to daughter's school ◆ Worried about safety of hers and other kids • Vows to do background checks

Nicole Richie is so fed up photographers camped outside her daughter's school that she sent paparazzi agency X17 a nasty letter telling them to watch themselves.

"I am going to do a background check on each and every person that I see there. For the safety of my children and others," her letter reads, according to Hollyscoop.

The last time I did a check on your staff, I found they had no license. Remember that day? The day that ended with a car accident and me in a hospital? If I find out anyone has a suspended, restricted or invalid license, I will have them thrown in jail before they can pick up the phone and call their lawvers.

Richie ended the letter just as strongly: "These are young children and you



should know better. X17, you are irresponsible and repulsive. Consider this a

warning.

Richie and her partner Joel Madden, from the band Good Charlotte, have two young children.



Waltz upset with Arquette

Jasmine Waltz is reportedly "shocked" to find herself in the middle of the Courteney Cox and David Arquette breakup news after Arquette admitted to a tryst with the bartender on radio Howard Stern's show, according to Radar Online

"Jasmine shocked when she heard David had gone on Howard Stern and told what she considered to be private details of their relationship," a source says. "She had no idea he would sleep with her and tell everyone." ometro

Celebrity tweets

dependency on oil & the

quality of our planet!



[@mrskutcher] Just saw a demo at Better Place 4 an electric car and system that could change the world, our



Paula Ab dul (A) Paula Abdull Twitter is messing w/

my tweets again. :((sorry if you get this tweet a couple



r children and are outting them first. Yeh, they



Kanye West [@kanve west] Mosauitos suck METRO



Lohan's Betty Ford Center escape attempt foiled?

Lindsay Lohan reportedly got into trouble in rehab recently when she and a fellow patient tried to escape the Betty Ford Center

to get soda from a vending machine in a neighbouring hospital, according to Radar Online.

But the plan fell apart

when Lohan's accomplice's clothing became caught on a fence. "Lindsay and her co-conspirator were forced to give it up

and flag down a volunteer, who was crossing the center's grounds on a golf cart," a source says.

METRO





Making sense of the coming styles

One month, four cities, and umpteen catwalks later, the changes in the air are palpable



If one thing can be said about this past month's spring/summer '11 shows, it's that it was rife with sudden change.

Forget about all the '50s stuff you're wearing right now. Next season, tall, platform wedge shoes will replace the kitten heel, which has been having such a moment for autumn/winter '10. Floaty

peasant-style dresses that could have come straight out of your mom's closet in 1976 will make those Mad Men-inspired skirts look like old news. And all that blush and camel you've been wearing this fall? Colours will be brighter by the time the summer comes — a lot brighter (think fuchsia, purple, orange and neon green) — and often come in stripes or blocked patterns.

But hues and dress shapes aren't the only things changing at a dizzying rate. Significant, long-term trends are emerging as well. For one, an increasing number of designers are paying less and less attention to the seasons they're designing for. Much of the clothing showed for spring/summer '11 could also work for colder weather. The looks at Prada, for example, came accessorized with fur stoles in electric, saturated colours that would be perfect for the coming holiday season. Meanwhile,

Burberry Prorsum, showed leather biker jackets that screamed chilly-day-in-October, rather than, say, balmy-afternoon-in-June.

Truth be told, most of what we've seen during the spring/summer '11 catwalks will look old by the time it hits stores next year.

Considering how accessible the shows are these days (anyone can stream them live online or see the images just hours later), a girl can't help but want to shop directly off of the

Top trends

The top three trends of spring/summer '11

- Long, diaphanous skirts and dresses
- Bold, pops of color
 Sheer, transparent
 separates and dresses

runways. It's enough to make one wonder when the retail cycle as a whole will catch up and make it possible for a shopper to do just that.







Planning your wedding and looking for an app to help you make that walk down the aisle everything you dreamed of? 2 For Life Media Inc. recently released its Ultimate Wedding Planner on the App Store. The planner combines all the knowledge and authority of a wedding magazine with the up-to-date feel of a wedding website and the feel of a digital planner. METRO



ines spotlight on local fashio talents, industry



Back on top of the fashion world

• Recently bankrupt duo of Lambertson and Truex climbing the ladder again by partnering with Tiffany & Co

Richard Lambertson and John Truex are rock stars at the flagship Fifth Avenue Tiffany & Co. store. Their new collection of leather goods has men buying purple wallets and women lining up at mirrors to model bags from the design duo.

The boom feels good 1

1/2 years after they landed in bankruptcy court and their namesake line was sold to Tiffany.

The first few months at Tiffany was spent absorbing the atmosphere, Lambertson says, getting to know people who shop there and understanding the different demographics of a variety of locations.

They still watch the way customers feel the leather, flip a bag over the shoulder and compare weights of various wallets. Even with their own expertise, there is still something to learned from sumers, Lambertson says with a smile

Truex never doubted



their ability to create products that people want - and are willing to pay sometimes thousands of dollars for. A croc tote bag on the

Tiffany website, for example, is listed at \$8,500, while the small reversible suede shopper is \$395.

Partnering with a fa-

mous retailer that already carved its place in the heart of the public offers an almost limitless marketplace. Truex says





On a practical note, Truex explains that the bag's bright colour inside instead of the usual black or brown makes it easier to find things.

"Luxury isn't necessarily a brand name," says Truex. "It's the thought process and design details that matter. ... With something like a \$1,200 price tag, we don't want you to carry it for only a season.

What to look for

John Truex shares what to look for in a bag.

- Movement It should be one movement to put a bag in position on the body, whether it's worn on the shoulder, at the crook of the arm, over the body or in one's hands.
- The strap The length of the strap or handle should accommodate the season. with longer ones in the winter to allow for bulky coats or gloves.
- Manageable Hardware should be manageable with one hand. If it takes two to open a bag or get into a pocket, it's one too many.
- Essentials Credit cards, business cards or ID badges should slide in and out without a breaking-in period.

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THE ASSOCIATED PRESS



buy the best of men's cleansers



Yes, the average woman's facial cleaning regimen would send most men running for the hills.

But merely splashing your face with water at the end of the day (the way most guys seem to do) is hardly a good way to rinse the day off. Here are six highly effective, low-maintenance washes to add to your routine.

Perricone MD gentle cleanser \$35.00 perriconemd.co.uk



Shiseido Men cleansing foam \$22.00



cleanse facial wash \$28.00

Elemis

Deep



Kiehl's ultra facial cleanser kiehls.com



Clarins **Active** Face Wash \$18.50 clarins.con



Make your bedroom a calming oasis

- Debbie Travis shares some easy ways to turn your bedroom into a restful retreat
- Designer draws inspiration from boutique hotels

When it comes to decorating, many of us tend to focus on the public spaces in our homes — living room, dining room and kitchen — often at the neglect our bedroom, the place where we recharge every night for the following day. The calmer and more serene and comfortable the bedroom environment, the better we sleep.

Debbie Travis - Canada's beloved design guru, who's new show All For One with Debbie Travis premieres this Sunday at 9 p.m. on CBC — shares some easy ways to turn your bedroom into what it should be: a calming oasis.

"I love doing bedrooms more than anything else," says Travis, adding that she derives bedroom design inspiration from the boutique hotel industry that has cropped up around the globe over the past decade. "These hotels are not the



chains. They've built an industry on creating oasis. uniqueness and individuality, so you can derive so

much inspiration for them "

According to Travis, the focal point of the room is the bed, so play that up. "I think it's a matter of turning your bed into some-thing really amazing," she says, pointing to the current trend in oversized headboards covered with graphic, colourful fabric. "And of course, lovely

crispy sheets," she adds. A must for Travis is flanking the bed with side tables and lamps. Not only is this a matter of practicality, but visually it add symmetry and grounds the bed in the room. "A lot of people are against carpet, but it's coming back big time," says Travis, who is currently installing carpet in the bedrooms of her home in London, England. "They're iust so cozy.'

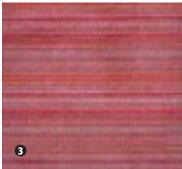
And when it comes to colour, Travis advises opting for richer colours like oranges and reds and pinks because "they give you a lovely glow and you want to look a bit sexy in the bedroom."

In All for One with Debbie Travis, the TV icon visits different Canadian towns where she surprises the locals with plans for a stunning home construction project as a reward for a community hero.



1 WEST ELM \$34

This Sculpted Origami Pillow Cover made from 100 per cent wool, is cleverly pintucked to create a sculptural accent when stacked at the head of the bed. Accommodates a 20-inch square pillow insert (sold separately); westelm.com



2 WEST ELM \$59 (EACH)

These oh-so-soft handknit. acrylic/wood blend throws (in ivory, platinum and oregano) add a soft, textural and inviting element when spread across the base of a bed. Cuddle up with a good book and nap away an autumn afternoon; westelm.com.

3 CRATE&BARREL \$999

An area rug not only provides warmth underfoot, but this 8-by-10-foot hand-loomed soft wool Marcella Rug with stripes of violet, raisin, magenta and cream brings a luxurious pop of rich colour to a bedroom retreat; crateandbarrel.com.

4 CANADIAN TIRE \$39.99

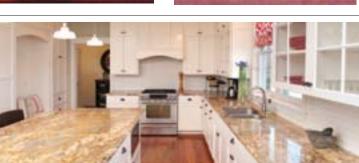
No-fuss drapes are an ideal finishing touch to any bedroom and this polyester/wool blend Debbie Travis Herringbone Panel (54-by-84-inch) in cream or brown are an inexpensive way to instantly take your bedroom from drab to fab: canadi-



CANADIAN TIRE

A pair of Debbie Travis Luxe Table Lamps on each bedside table not only provides great reading light, but a hint of glamour from the contemporary metallic bulb-shaped base; canadiantire.ca.





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• Focal wall can add style and drama to your space

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KARI, LOHNES HOME@METRONEWS.CA



One of the hardest things about living in a new rental condo or home

is the lack of character and charm. A new space is often designed in a simple, clean style, and is not conducive to adding moldings, French doors, fancy mantels or ornate light fixtures.

Adding a focal wall of colour can help to ground a space - and add much needed charm to a world of beige that is truly void of

any personal style.

Finding your focal wall

The focal wall is most often the first wall you see when you enter a room. In the bedroom it is always the head of bed; in the living room it's the wall where a fireplace or television is placed and in the bathroom it's where the vanity mirror hangs.

What not to turn into a focal wall

Hallways -– paint it all a fabulous colour or leave it alone. Small kitchen adding another element into a small kitchen will visually cramp its style. A mirrored wall acts as an opposite to a focal wall. Stairwells - having one wall painted different will set off your equilibrium.

How to choose the right paint colour

Select the opposite colour in the main fabric of a sofa, duvet or shower curtain as your paint colour. This will help the largest, most fashionable items in the room stand out.

If you don't have a variety of colours to choose from, then choose a richer, darker version of the neutral you currently have in the room. If you are a creative type, you can use a fashionable colour like pink and then add contrastcoloured accents around the room. It's a great way to make an otherwise boring room come



to life.

Other options for focal walls

Fabric — either draped or padded. They create a cozy feeling to a room and are great options for insulating a room for sound. Wood paneling - my

favourite is painted beaded board. A rich paneled wall of wood can really help to give a library-look to a room. Wallpaper — this is on the way back.

I suggest big, bold patterns; paint the remaining walls the same background colour as the coulour of

\$464,150

\$610,900

your wallpaper.

Fill a wall with tons of art. Mix and match your art but keep the frames somewhat similar.

Hang oversized maps, blueprints or clocks for a better sense of grandeur and size. This can make a small room appear larger.

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Bradley Estates 401 Keith Crescent

\$544,868 Model: The St. Sauveur 2,258 Sq. Ft. 4 Bedrooms 2.5 Bathrooms Closing Date: Immediate



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Beautiful bathrooms

• Designers offer tips for creating a space that is both fabulous and truly personal yet not too lavish

Five years ago, the ideal master bathroom was supposed to be large and lavish, with a huge Jacuzzi tub

and a long marble vanity. Times have changed, of course, and so have budgets. "Everyone's scaling down in every single room," says Sabrina Soto, a real estate agent and host of HGTV's Real Estate Intervention and Get It Sold.

And yet, Soto says, people still want their bathroom to be something special. It's where their day begins and ends, "so it's really a destination for them within their homes.'

How can you create a fabulous bathroom without overspending?

Soto, decordemon.com

founder Brian Patrick Flynn and Los Angeles-based interior designer Betsy Burnham weigh in on the best ways to create an extraordinary, truly personalized bathroom:

CUSTOM CREATIONS

Burnham often makes medicine cabinets for clients. It's surprisingly simple: "The contractor or builder creates a box for me, and I pick a wonderful frame at my framer and have a mirror made. We use a big hinge on the side that opens 180 degrees."

Rather than buying a complete sink and vanity, Flynn suggests choosing a cabinet or dresser at a flea market and then having a sink fitted into the top.

Choose a cabinet with legs if you want the illusion of more floor space.

Vessel sinks, where the bowl rests above the vanity, can work well with this kind of design. They come in a huge array of colours and materials. But Burnham cautions that they are very trendy right now and might feel dated as time

THE RIGHT MATERIALS

Consider the overall design of your home as you choose the permanent elements of the bathroom.

"A more classic bath in a classic, traditional house really does ask for ceramic tile" in crisp white or a soft cream, Burnham says. "If you've got a more modern



house, and you're putting in metal windows, then I love stone" for floors, countertops and even walls.

Other possibilities: "People are now going into the eco-friendly options, like bamboos or recycled glass," says Soto. "And recycled tires and paper are being used for countertops — it's really durable.

If the walls are a solid, neutral colour, Burnham likes to go "a bit crazier on the floors, like a black and white pattern or a stone

A wooden bathroom floor is also a possibility. The wood can be treated to resist moisture and can be painted any colour.

What about wallpaper? It's popular right now, but it's more common in small powder rooms than in master baths

CHOOSING HUES

Like Burnham, Flynn favours baths done in all white or black and white. These choices "never get old," he says, "and then any



all white, black and white, or white with charcoal.

single colour you mix in will go great.'

Flynn also likes white in contrast with charcoal or black/brown (which he describes as "basically a mix of super-dark brown and charcoal, richer than black

and not as harsh").

You can bring in a bold accent colour by painting one wall, or just through towels and accessories.

Also, Flynn says, consider how a given colour makes you look in the bathroom light. This is a place where "you spend a lot of time looking at yourself," he says, and if the walls give off a greenish hue you may not feel very attractive first thing in the morning. THE ASSOCIATED PRESS



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Used building materials find a new home

Secondhand items add interest and can help save money on home-improvement projects

It took Brian Koehl about a year to buy the materials to build a backyard greenhouse.

Koehl, a master gardener from Waller, Texas, bought secondhand windows and doors to construct the building that houses his roses and vegetables. Using old materials saved him money, and added interest to the structure.

"I really liked the look of using old windows," he said. "It met all of my needs."

Many homeowners these days are considering using secondhand items for home-improvement projects.

"The interest keeps growing," said Justin Green, program director for Build It Green NYC, in New York City. "The No. 1 driver is you can save a lot of money. The No. 2 is people are interested in being green."

Used building supplies can cost 50 per cent to 90 per cent less than new, said Shane Endicott, executive director of the Rebuilding Center in Portland, Ore.

"It's a huge motivator for people to reuse," he said.

Lots of large cities, including Seattle, Los Angeles and Austin, Texas, now have stores that sell used building materials, such as lumber, kitchen cabinets, lighting fixtures and sinks. Many of the stores are oper-



ated by Habitat for Humanity, which sells donated goods to raise money to build houses (using new materials) for low-income families.

Some of the resale shops also operate deconstruction businesses that tear down old buildings to salvage as much material as possible.

"Our goal is to be competitive with the wrecking ball," said Tom Longstreth, executive director of Re-SOURCE, a non-profit that offers deconstruction services and sells used building materials in Burlington, Vt. "It really is a win-win. There's a huge volume we are able to keep out of land-fills."

Karen and Bradford (Skip) Hardy routinely find quality materials they could not normally afford at Re-SOURCE. Past purchases have included bathroom faucets and windows.

"We seem to get lucky. We get there at the right time," Bradford Hardy said. "On a bad year, we probably spend 2,000 bucks there. In a good year, we spend eight to \$10,000."

The store also allows the couple to indulge their creative sides. He recently found large wooden pipes from an old organ, and intends to use them for giant garden wind chimes. She has turned old tile pieces into coasters.

Pam Kueber of Retrorenovation.com hears from lots of secondhand-goods shoppers who have found creative uses for old building materials and household products.

"This is something you do out of joy and creativity as much as utility and frugality," said Kueber.

THE ASSOCIATED PRESS

The Green Door's plates by weight taste great



Where can you find the best broccoli tofu stir-fry in Ottawa? At The Green Door, that's where

LUNCH RUSH

LIFE@METRONEWS.CA



At The Green Door, people stop the line around the buffet tables when the broccoli tofu

stir fry chafing dish is empty to wait for the refill. It's just that popular.

When it's your turn to fill your plate, you're faced with an abundance of vegetarian choices. It's that feeling of being at the best church potluck ever. Maybe better. And even though the ingredients may be less familiar (okra, mung dal, and kale to name a few), you're in

good hands with chefs who know how to season and flavour dishes perfectly.

Popular dishes include lasagna, quiche, mashed potato, kale and vegetable curry. And their heavy sourdough rye bread is yummy. The dessert table is not to be glanced over ei-

At the end of the line. the choices you made are paid for in weight. And your taste buds will be hap-

- The Green Door
- 198 Main Street
- 613-234-9597
- Hours of operation: Tue. -Sun. 11a.m. - 9 p.m.
- Rating: 4.5 / 5
- Price range: \$\$ Reservations: No

Recipe: Mushroom Focaccia

Focaccia is an Italian flatbread like pizza without the sauce and the dough is thicker. This oven version is topped with a mushroom mixture and Parmesan cheese.

Mushroom Focaccia **Preparation:**

- Lightly grease a baking sheet and place dough on it; with floured hands press out dough to 28-by-18-cm (11-by-7-inch) oval. Brush with 10 ml (2 tsp) of the oil and let rise in a warm place for 45 to 60 min-
- Meanwhile, heat remaining oil in a large skillet; saute mushrooms and onion for 4 minutes or until moisture has evaporated; add oregano and garlic, cook for 1 more minute, then let cool slightly.
- With thumb or end of wooden spoon, make dimpled surface on focaccia; top with mushroom mixture, pressing lightly into dough. Top

Ingredients:

- 500 g (1 lb) pizza dough or frozen bread dough,
- 45 ml (3 tbsp) olive oil, divided
- 375 ml (3/4 lb) fresh mushrooms, thinly sliced (white, cremini, portobello, shiitake, oyster)
- 250 ml (1 cup) thinly sliced red or sweet onion • 7 ml (1½ tsp) dried
- oregano or Italian mixed herbs
- 1 clove garlic, minced
- 8 black olives, pitted and sliced (optional)
- Coarsely ground black pepper, to taste
- 15 ml (1 tbsp) grated Parmesan cheese

with olives, if using, black pepper and Parmesan.

Bake in a 200 C (400 F) oven for 20 to 25 minutes or until bottom is lightly browned and crisp. Let cool slightly on wire rack. Cut in wedges or slices to serve. Makes 12 servings. THE ASSOCIATED PRESS

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LOYALTY REWARDS



Pay it forward, on points

Rewards programs are big on flexibility—that is, allowing members to buy almost anything they want. You can redeem points for all the discounted trips and concert tickets you can get; you can donate them to charity, too. But rewards programs can also help you find that middle ground between what's good for you and good for others.

It happens a lot. Take the example of a TD Canada Trust customer from Ottawa, asked to help organize a family reunion for his in-laws. His wife's relatives led busy lives and rarely gathered in one place to celebrate. However, they were committed to this event. All had booked their flights. All except one—a young cousin studying on the West Coast. Though he wanted to be there, he couldn't afford a plane ticket that would send him clear across the continent.

Our heroic TD customer wanted to pay for the boy's flight. But as someone newly married, even he found the price prohibitive. If he'd had to absorb those travel costs out-of-pocket, well, it just wouldn't have happened.

But there was another option: Points. Thanks to years of purchases on his TD First Class Travel Visa Infinite Card, he'd built up enough points to fund the entire flight, round-trip. The cousin was indeed able to visit his loved ones, reconnecting with some he hadn't seen in years.

What's the price of your loyalty?

Mer a society of consumers. Men and women faced with choices every day—options about what to buy, where to go, who and what to see; what to wear; what to eat. We're lucky that way. But two things keep us from taking advantage of all that's available: money and time.

We need to make money, so we work hard. But because we work hard, we have trouble making time for everything else. That's why more and more Canadians are finding ways to transform their hard-earned cash and long hours into rewards, like discounted plane flights, appliances, gadgets and toys, free meals, tickets to almost any kind of show—the very things they had to do without. It's not alchemy; just the benefits of a good rewards program.

Today's banks, credit card companies, and retailers value nothing more than your patronage, and they're prepared to make it as attractive as possible. They'll offer you membership in programs that give you reason to seek out their products and services exclusively—in other words, perks. You'll be able earn points with every purchase, redeeming them for discounts on items and events, some of which would be pretty expensive otherwise. You may also get automatic discounts at resorts, car rental companies, theme parks, restaurants and other venues affiliated with the program. You may even be able to turn your points into a charitable donation.



Rewards programs are as Canadian as hockey and maple syrup. No one—and we mean NO ONE—earns points like a Canuck.

You've got the idea—now's the time to dream. Trips? You bet. Swing a golf club in Kelowna, B.C.; sip coffee in a Montreal café; take your loved one's hand and watch a beachside sunset in the Maritimes, all funded by the points you've earned. Staying closer

to home? Use points to pick up dinner and a movie. Bring the kids, too, or entertain them indoors with the new video game console bought—that's right—on points. Buy a DVD. Get a facial. Get a tan. Do almost anything you want. You've earned it.

Earn and return: It's the Canadian way

Canucks love their points. We're some of the world's most thoughtful deal-makers, and if a loyalty program meets our needs and nets us some great rewards, we'll jump in. Why are Canadians—a supposedly cautious bunch—so crazy about these opportunities?

"Canadians are very savvy when it comes to rewards programs," explains Trevor Van Nest, vice-president of consumer card marketing for AMEX Bank of Canada. "They take time to understand the value of what they're getting; they can articulate what they're satisfied with, and what frustrates them."

The numbers bear this out. A new survey conducted by Angus Reid on behalf of American Express found that nearly 80 per cent of Canadians participate in a credit card rewards program. According to that survey, consumers ranked restriction-free redemption as the number-one consideration when choosing a rewards program.

nearly 80% of Canadians participate in a credit card rewards program

"Flexibility matters as much as value—that's the attitude Canadians express to us," says Van Nest. "And that attitude heavily influenced the design of our new Gold Rewards Card program."

Shawn Bloom, general manager for

SCENE, sees Canada's point-mad culture to be the positive result of years of successful programs like Air Miles and Club Z. "Many Canadians have grown up with these programs, so they're comfortable joining new ones," he says. "But I do think expectations have changed over time. Canadians want to be rewarded more quickly; they want to earn points faster to reach their rewards goals. Our goal is to make that happen."

With over 2.5 million members in its program, including almost one million Scotiabank account holders, SCENE is tapping into Canadians' affinity for a good deal. AMEX and many other organizations are doing the same. Rewards programs are promising to be even bigger business in the years ahead.



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If something good's about to happen, why postpone it?

oyalty and rewards programs aren't just for people saving up for the trip of a lifetime, or some expensive appliance they'll use every day but never have fun with. You can reward yourself tonight, if you really want to. Many Canadians prefer it that way.

"Some people join a reward program to pay for a specific thing," says Trevor Van Nest, vice-president of consumer card marketing for AMEX Bank of Canada. "So they might begin accumulating points for a trip, then let those points build up for years to fund it. Others see it as a 'fun wallet.' It gives them an opportunity to buy things they might not have considered if they had to dip into their paycheques for it. People think differently about their points—they're willing to fantasize a bit. They'll flip

through our catalogue and imagine all the fun things they could buy. You don't wait years to buy items like that."

The SCENE program owes some of its success to this same attitude. SCENE's popularity among young Canadians, 50 per cent of whom are under 35, is due in part to members being able to earn and redeem rewards so quickly. SCENE rewards are priced starting at just 50 points; with Scotiabank products, many members get free movie rewards on a monthly basis.

"There's a program out there for every Canadian," says Shawn Bloom, SCENE's general manager. "But for most of us, the quicker we can earn our rewards, the happier we'll be."

The customer's always right.



Trevor Van Nest, AMEX Bank of Canada's vice-president of consumer card marketing

Dream big. Dream about... your mortgage?

Many people join rewards programs with dreams of flying far from home, held aloft by nothing but airplane wings and a ton of redeemed points. But some dreams—like owning your first house—can keep you pretty grounded. At least one program can help you have both.

CIBC's AeroMortgage program lets you earn one Aeroplan Mile

for every dollar of regular mortgage interest you pay. "The first step is to get pre-approved," says Cheryl Longo, executive vice-president, CIBC card products. "The AeroMortgage is available for conventional and insured mortgages only, but if you like the flexibility to keep enjoying the things you love to do, including travel, it might just be right for you."



JOIN **SCENE** AND EARN **FREE MOVIES** AND MORE, FAST.

- * Free to join!
- ★ Earn 100 points every time you see a movie
- * Receive 250 bonus points just for signing up
- ★ Get a FREE movie for just 1000 points
- ★ Enjoy 10% off concession purchases



Alfie not worried about slow start

Sens captain says OT loss to Capitals a cause for encouragement

have a win yet but Daniel Alfredsson says there is no reason to hit the panic but-

Despite being without a victory after their first three games of the 2010-11 season — Ottawa's worst start since the lockout-shortened 1994-95 campaign - the Senators captain sees no cause for alarm.

He believes Monday's overtime loss to Washington, after a pair of defeats to Buffalo and Toronto, may have been the turning

"I felt the way we came back, having three games in four nights, and having that effort in Washington in a tough building to play in has given us a lot of encouragement going forward," Alfredsson said yesterday.

Alfredsson gave the Senators some encouraging news ahead of their next game, tonight when the Carolina Hurricanes visit Scotiabank Place, when he declared himself fit and ready to go after leaving Monday's game in the third period with an undisclosed lower-body injury.

He wasn't around when Alex Ovechkin scored in overtime to give the Capitals a 3-2 triumph that left Ottawa still looking for a

just felt a little soreness in one of my muscles, so it was just precautionary, nothing serious at all and I should be ready tomorrow said Alfredsson,

Goaltending was a big concern for the Sena tors heading into the season, but their biggest problem so far has been scoring goals. They have just four so far.

who added that he took a shot in the back of his leg in the season opener against Buffalo that may have contributed to the problem.

The Senators haven't gone three games without a win to start a season since it took them nine contests to notch a victory in 1995, when the campaign didn't start until January because of the work stoppage.
"It's a tough way to start,

but we've got to build on what we did Monday in Washington and continue in that direction," Alfreds-

That improved performance at the Verizon Center on Monday came after Alfredsson called a players-only meeting to try to get the team headed in the right direction

"There wasn't a sense of panic, but we knew we needed to address how we played," centre Jason Spezza said yesterday.

"We've got to start playing good from Day 1. We can't let things slide and if you let things slide too much, then you get into

THE CANADIAN PRESS



Maple Leafs hang on to beat Penguins

Clarke MacArthur scored twice and the Toronto Maple Leafs withstood Sidney Crosby's first goal of the season to keep the Penguins winless in their new arena, beating Pittsburgh 4-3 last night.

Beauchemin Francois and Colton Orr also had goals for the Maple Leafs, who scored on four of **PENGUINS**

their 14 shots to improve to 3-0 for the first time since the 1999-2000 season, the last time they won

They held on despite being outshot 9-2 in the third when Crosby, period. Evgeni Malkin and Mark Letestu all failed to convert good scoring chances.

Pittsburgh is 1-3 overall and 0-3 in the Consol Energy Center.
THE ASSOCIATED PRESS

Sports in brief

Gonzalez to manage Braves

MLB. Less than 48 hours after Bobby Cox wrapped up his managing career, the Atlanta Braves introduced former Florida manager Fredi Gonzalez as his replacement.

The announcement yesterday was widely expected since Gonzalez was fired in June by the

THE ASSOCIATED PRESS

Packers may lose Finley, **Barnett for year**

NFL. Already hammered by injuries, the Green Bay Packers now may be without tight end Jermichael Finley and linebacker Nick Barnett for the rest of the season.

Both players had surgery this week and will need more time than originally was expected to recover. Packers coach Mike McCarthy said placing them on season-ending injured reserve is an option. THE ASSOCIATED PRESS



Quoted



"We feel like we can play baseball with anyone. We only can blaze our own trail right now, and every time we do something that's good, it adds to the history of the **Texas Rangers.**" TEXAS MANAGER RON

WASHINGTON, THE RANGERS HOST THE NEW YORK YANKEES IN GAME 1 OF THE AL CHAMPIONSHIP SERIES TOMORROW.

"We're confident. We don't care who we go up against. We know we're good and we believe in ourselves." MICHAEL YOUNG, RANGERS

THIRD BASEMAN



EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Strk
d-Toronto	3	3	0	0	0	12	6	6	2-0-0-0	1-0-0-0	3-0-0-0	W3
d-Washington	4	3	1	0	0	14	9	6	3-0-0-0	0-1-0-0	3-1-0-0	W3
d-Philadelphia	3	2	0	1	0	8	6	5	1-0-0-0	1-0-1-0	2-0-1-0	W1
Carolina	2	2	0	0	0	6	4	4	1-0-0-0	1-0-0-0	2-0-0-0	W2
Tampa Bay	2	2	0	0	0	9	6	4	1-0-0-0	1-0-0-0	2-0-0-0	W2
NY Islanders	3	1	1	0	1	11	11	3	1-0-0-1	0-1-0-0	1-1-0-1	L1
Buffalo	4	1	2	1	0	8	12	3	0-2-1-0	1-0-0-0	1-2-1-0	L3
New Jersey	4	1	2	1	0	7	14	3	0-1-1-0	1-1-0-0	1-2-1-0	W1
NY Rangers	2	1	1	0	0	10	9	2	0-0-0-0	1-1-0-0	1-1-0-0	L1
Boston	2	1	1	0	0	5	5	2	0-1-0-0	1-0-0-0	1-1-0-0	W1
Montreal	3	1	1	1	0	8	9	2	0-0-1-0	1-1-0-0	1-1-1-0	L1
Atlanta	3	1	2	0	0	8	10	2	1-0-0-0	0-2-0-0	1-2-0-0	L2
Pittsburgh	4	1	3	0	0	10	11	2	0-3-0-0	1-0-0-0	1-3-0-0	L1
Ottawa	3	0	2	1	0	4	10	1	0-1-0-0	0-1-1-0	0-2-1-0	L3
Florida	2	0	2	0	0	3	5	0	0-0-0-0	0-2-0-0	0-2-0-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Str
d-Detroit	3	2	0	0	1	11	7	5	1-0-0-1	1-0-0-0	2-0-0-1	L
d-Dallas	2	2	0	0	0	9	7	4	0-0-0-0	2-0-0-0	2-0-0-0	W
d-Edmonton	2	2	0	0	0	7	2	4	2-0-0-0	0-0-0-0	2-0-0-0	W
St. Louis	2	2	0	0	0	7	2	4	2-0-0-0	0-0-0-0	2-0-0-0	W
Nashville	2	2	0	0	0	7	3	4	1-0-0-0	1-0-0-0	2-0-0-0	W
Colorado	3	2	1	0	0	11	11	4	1-0-0-0	1-1-0-0	2-1-0-0	W
Los Angeles	3	2	1	0	0	6	5	4	1-0-0-0	1-1-0-0	2-1-0-0	W
San Jose	2	1	0	1	0	5	5	3	1-0-0-0	0-0-1-0	1-0-1-0	L
Vancouver	2	1	0	0	1	3	3	3	1-0-0-1	0-0-0-0	1-0-0-1	W
Chicago	4	1	2	1	0	11	13	3	0-2-0-0	1-0-1-0	1-2-1-0	L
Columbus	2	1	1	0	0	5	5	2	1-0-0-0	0-1-0-0	1-1-0-0	W
Phoenix	2	1	1	0	0	5	5	2	0-1-0-0	1-0-0-0	1-1-0-0	L
Calgary	2	1	1	0	0	3	5	2	1-0-0-0	0-1-0-0	1-1-0-0	W
Minnesota	2	0	1	0	1	4	6	1	0-1-0-0	0-0-0-1	0-1-0-1	L
Anaheim	3	0	3	0	0	2	13	0	0-0-0-0	0-3-0-0	0-3-0-0	L

 $d-\text{division leaders ranked }1\text{-}2\text{-}3\text{ regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column. \\$

Last night's results Toronto 4 Pittsburgh 3 New Jersey 1 Buffalo 0 (OT) Washington 2 N.Y. Islanders 1 Tampa Bay 4 Montreal 3 (OT)

Nashville 3 Chicago 2 Vancouver at Anaheim Tuesday's results Colorado 5 Detroit 4 (SO) Los Angeles 3 Atlanta 1

Tonight's games
(All times Eastern)
Tampa Bay at Philadelphia, 7 p.m.

MAPLE LEAFS 4, PENGUINS 3

First Period

1. Toronto, Orr 1 (Schenn, Brown) 5:18 2. Pittsburgh, Kunitz 1 (Malkin, Goligoski) 11:27 (pp)

3. Pittsburgh, Talbot 1 (Cooke, Kennedy) 17:33

Penalty — Schenn Tor (double high-sticking) 8:28.

Second Period

4. Toronto, MacArthur 3 (Kaberle, Phaneuf) 3:01 (pp)

5 Toronto Reauchemin 1 (Schenn Zigomanis)

6. Toronto, MacArthur 4 (Grabovski, Kulemin) 10:30

7. Pittsburgh, Crosby 1 (Lovejoy, Cooke) 19:16 Missed penalty shot — Malkin Pit, 18:03.

Penalties — Tangradi Pgh (high-sticking) 2:54, Cooke Pgh (slashing) 3:28, Orr Tor, Engelland Pgh (fighting) 6:08.

Third Period

No Scoring.

Penalties — MacArthur Tor (delay of game) 6:52, Letang Pgh (tripping) 14:39. Shots on goal by

2 —14 9 —25 Pittsburgh Goal - Toronto: Gustavsson (W,1-0-0); Pitts-

burgh: Fleury (L,0-3-0).

Power plays (goals-chances) — Toronto: 1-3;

Pittsburgh: 1-3. Referees — Tom Kowal, Dan O'Rourke, Lines-Att. - 18.112 (18.087) at Pittsburgh.

₹.

Carolina at Ottawa, 7:30 p.m. St. Louis at Nashville, 8 p.m. Edmonton at Minnesota, 8:30 p.m. Detroit at Dallas, 8:30 p.m.

Florida at Calgary, 9 p.m.

Colorado at New Jersey, 7 p.m.

Toronto at N.Y. Rangers, 7 p.m. N.Y. Islanders at Pittsburgh, 7 p.m.

Chicago at Columbus, 7 p.m.

Montreal at Buffalo, 7:30 p.m.

Atlanta at Anaheim, 10 p.m.

Vancouver at Los Angeles, 10:30 p.m.

Tomorrow's games

Hossa, Chi	3	2	5
Ovechkin, Wash	3	2	5
Bertuzzi, Det	1	4	5
Comeau, NYI	3	1	4
Dubinsky, NYR	3	1	4
Franzen, Det	3	1	4
Horton, Bos	3 2 2 1	1	4
Filppula, Det	2	2	4
Leopold, Buf	2	2 2 3	4
Bailey, NYI			4
Carlson, Wash	1	3	4
Martin, Pgh	1	3	4
B.Richards, Dal	1	3	4
Ennis, Buf	0	4	4
Liles, Col	0	4	4
Morrow, Dal	3	0	3
Stepan, NYR	3	0	3
Arnott, NJ	2	1	3
Bickell, Chi	2 2 2 2	1	3 3
Datsyuk, Det	2	1	3
Fehr, Wash	2	1	3
Goligoski, Pgh	2	1	3
Huselius, Clb	2 2 2 2 2 2 2 2	1	3
D.Jones, Col	2	1	3
Kessel, Tor	2	1	3
Laich, Wash	2	1	3 3 3 3 3
MacArthur, Tor	2	1	3
Moulson, NYI	2	1	3
D.Sedin, Vcr	2	1	3
Smyth, LA	2	1	3
Stamkos, TB	2	1	3
Vrbata, Phx	2	1	3
Anisimov, NYR	1	2	3 3
Duchene, Col	1		3
Elias, NJ	1	2	3
Fleischmann, Wash	1	2	3

Not including last night's games

MLB

2010 POST-SEASON

DIVISION SERIES

(BEST-OF-7) AMERICAN I FAGIIF Tampa Bay (E) vs. Texas (W) (Texas wins series 3-2) Tuesday's result Texas 5 Tampa Bay 1

Minnesota (C) vs. N.Y. Yankees (wc) NATIONAL LEAGUE

MATIONAL LEAGUE
Philadelphia (E) vs. Cincinnati (C)
(Philadelphia wins series 3-0)
San Francisco (W) vs. Atlanta (WC)
(San Francisco wins series 3-1)

LEAGUE CHAMPIONSHIP SERIES (BEST-OF-7)

AMERICAN I FAGUE Texas (W) vs. N.Y. Yankees (WC)
Tomorrow's game
(All times Eastern)
N.Y. Yankees (Sabathia 21-7) at Texas (Wilson

15-8), 8:07 p.m. Saturday's game

N.Y. Yankees (Pettitte 11-3 or Hughes 18-8) at Texas (Lewis 12-13 or Hunter 13-4), 4:07 p.m. Monday, Oct. 18

Texas (Lee 12-9) at N.Y. Yankees (Hughes 18-8 or Pettitte 11-3), 8:07 p.m

Tuesday, Oct. 19
Texas at N.Y. Yankees (Burnett 10-: Wednesday, Oct. 20
x-Texas at N.Y. Yankees, 4:07 p.m.

Friday, Oct. 22 -N.Y. Yankees at Texas, 8:07 p.m.

Saturday, Oct. 23 x-N.Y. Yankees at Texas, 8:07 p.m.

NATIONAL LEAGUE

NATIONAL LEAGUE
Philadelphia (E) vs. San Francisco (W)
Saturday's game
San Francisco (Lincecum 16-10) at Philadelphia (Halladay 21-10), 7:57 p.m.
Sunday's game
San Francisco (Cain 13-11) at Philadelphia
(Oswalt 13-13), 819 p.m.
Transfer (C. 41)

Tuesday, Oct. 19

Philadelphia (Hamels 12-11) at San Francisco (Sanchez 13-9), 4:19 p.m.

Wednesday, Oct. 20 Philadelphia at San Francisco, 7:57 p.m. Thursday, Oct. 21 x-Philadelphia at San Francisco, 7:57 p.m.

x-Prinidelphia at Sah Francisco, 7:57 p.m.
Saturday, Oct. 23
x-San Francisco at Philadelphia, 3:57 or 7:57 p.m.
Sunday, Oct. 24
x-San Francisco at Philadelphia, 7:57 p.m.

x — if necessary.

LATE TUESDAY

RANGERS 5, RAYS 1

Texas	ab	r	h	bi	Tampa Bay	ab	r	h	b
Andrus ss	5	1	2	0	Bartlett ss	4	0	3	1
MYong 3b	4	0	0	0	Zobrist rf	4	0	1	
JHmltn cf	4	0	0	1	Crwfrd If	4	0	0	1
Guerrr dh	4	1	1	0	Longori 3b	4	0	0	1
N.Cruz If	4	2	3	0	C.Pena 1b	4	0	0	1
Kinsler 2b	4	1	3	3	BUpton cf	4	0	1	1
Francr rf	4	0	0	0	DJhnsn dh	2	0	0	1
BMolin c	4	0	1	0	WAyar ph-dh	1	0	0	1
MorInd 1b	4	0	1	0	Shppch c	3	0	0	1
SRdrgz 2b	3	1	1	0					
Totals	37	5	11	4	Totals	33	1	6	1
Towns					100 1	01	nn.	2	c

Texas 100 101 002—1 Tampa Bay 001 000 000—1 E—J.Hamilton (1), Shoppach (1), Longoria (2) DP—Tampa Bay 2. LOB—Texas 5, Tampa Bay 5 2B—N.Cruz (2), Moreland (3), Bartlett (1).

HR—Kinsler (3). SB-			(3),	N.Cr	uz (1),
B.Molina (1), B.Upto						
Texas	IΡ	Н	R	ER	BB	
Cl.Lee W,2-0	9	6	1	1	0	11
Tampa Bay						
Price L,0-2	6	8	3	3	0	6
Balfour	1	0	0	0	0	1
Benoit	1	0	0	0	0	1
R.Soriano	1	3	2	2	0	0
Umpires-Home, Jef	f Ke	llog	g; Fir	rst, N	like	
DiMuro: Second, Tim	We	lke:	Thir	d. Jin	n Wol	if:
Right Rill Miller: Lef	t le	rry l	Mea	ls		,

T—3:00. A—41.845 (36.973) at St. Petersburg, Fla.

TRANSACTIONS

RASFRAII

NATIONAL LEAGUE

NATIONAL LEAGUS

ATLANTA BRAYES — Named Fredi Gonzalez
manager. Fired first-base coach Glenn Hubbard and bench coach Chino Cadahia. Named
Carlos Tosca bench coach. Reassigned hitting
coach Terry Pendleton to first-base coach.
ST. LOUIS CARDINALS — Claimed RHP Bryan
Augenstein off waivers from Arizona.
WASHINGTON NATIONALS — Assigned C-OF
Bryce Harper to Scottsdale (Arizona Fall).

BASKETBALL

CLEVELAND CAVALIERS — Waived G Cedric Jackson and F Tasmin Mitchell.

NEW ORLEANS HORNETS — Signed C D.J.

FOOTBALL

CAROLINA PANTHERS — Signed G Adrian Martinez to the practice squad. Released WR Eron Riley from the practice squad. CLEVELAND BROWNS — Traded RB Jerome Harrison to Philadelphia for RB Mike Bell.
MINNESOTA VIKINGS — Signed CB Frank Walker. Placed CB Cedric Griffin on injured reserve. Signed CB Marcus Sherels to the practice squad. Released TE John Nalbone from the practice squad Released TE John Nalbnor from the practice squad. ST LOUIS RAMS — Singed RB-LB Brit Miller from the practice squad. Signed WR Brandon McRae and LB Mortty by to the practice squad. SAN DIEGO CHAKGERS — Placed LB Shawne Merriman on injured reserve. Agreed to terms with T Marcus McNeill on a five-year contract extension through 2015. Signed LB Antwan Barnes. Signed WR Kole Heckendoff to the practice squad. Signed K Mike Windt. Re-leased K Ethan Albright. TENNESSEE ITAMS — Re-signed LB Jamie Win-born. Placed LB Colin Allred on injured reserve.

WINNIPEG BLUE BOMBERS — Added WR Josh Bishop to the practice roster

HOCKEY

NHL

LEAGUE OFFICE — Suspended Chicago D Nik-LEAGUE OFFICE — SUSpended Chicago D MIK-las Hjalmarson two games for delivering a hit from behind that caused injury to Buffalo RW Jason Pominville during Monday's game. LOS ANGELES KINGS — Loaned D Johan Fransson to SKA St. Petersburg (KHL). NEW YORK RANGERS — Assigned F Tim Kenn-

edy to Hartford (AHL). PHOENIX COYOTES — Announced a marketing/ player affiliation agreement with Arizona (CHL). SAN JOSE SHARKS — Assigned G Thomas

Greiss to Worcester (AHL). **LACROSSE**

EDMONTON RUSH — Signed D Bruce Murray

SOCCER

MLS

LEAGUE OFFICE — Suspended Chivas USA F Alan Gordon two games for actions taken against Toronto FC D Adrian Cann during Sat-urday's game.

NBA

PRE-SEASON

Yesterday's results Toronto 119 Philadelphia 116 (20T) Indiana 98 Minnesota 86 New Orleans 90 Miami 76 Boston 104 New York 101 At Beijing Houston 91 New Jersey 81

At Grand Ranids, Mich. Dallas 101 Detroit 96 At Las Vegas Sacramento vs. L.A. Lakers

GAMES

COMMONWEALTH GAMES

MEDAL STANDINGS (After 256 of 272 med **G S B Total**72 50 47 169
37 56 45 138 Australia

IVATION	G	2	В	lotal
Australia	72	50	47	169
England	37	56	45	138
India	36	26	34	96
Canada	26	17	32	75
South Africa	12	11	10	33
Nigeria	10	10	13	33
Kenya	10	10	8	28
Scotland	9	10	7	26
Singapore	9	8	9	26
Malaysia	8	8	12	28
New Zealand	5	22	7	34
N. Ireland	3	3	4	10
Samoa	3	0	1	4
Wales	2 2 2 2 2	6	10	18
Jamaica	2	4	1	7
Cyprus	2	3	2	7
Pakistan	2	1	2	5 2 5 3 2
Uganda		0	0	2
Bahamas	1	1	3	5
Sri Lanka	1	1	1	3
Nauru	1	1	0	2
Botswana	1	0	3	4
Cayman Islands	1	0	0	1
St. Vincent	1	0	0	1
Trinidad	0	4	2	6
Cameroon	0	2	4	6
Ghana	0	1	3	4
Namibia	0	1	2	3 1
PNG	0	1	0	
Seychelles	0	1	0	1
Isle of Man	0	0	2	2 2 2
Mauritius	0	0	2	2
Tonga	0	0	2	

WHAT CANADA DID YESTERDAY CYCLING

Men 40-kilometre Time Trial: Zachary Bell, Wat-son Lake, Yukon, seventh; Ryan Roth, Cassel, Ont., 10th.

29-kilometre Time Trial: Tara Whitten, Ed-

monton, won gold; Erinne Willock, Victoria, 11th; Julie Beveridge, Calgary, 13th. DIVING Men ivien 10-metre platform

Kevin Geyson, Winnipeg, fourth; Eric Sehn, Edmonton, sixth.

Women 3-metre springboard Jennifer Abel, Laval, Que., won silver; Pamela Ware, Montreal, seventh; Emilie Heymans, St-

Lamber, Que., ninth. RHYTHMIC GYMNASTICS

Women
Individual All Around
Mariam Chamilova, Toronto, sixth; Dementra
Mantcheva, Vancouver, 10th.

SOCCER

EASTERN CONFERENCE

EASTERN C	EASTERN CONFERENCE										
	GP	W	L	Т	GF	GΑ	Pt				
x-New York	28	14	8	6	35	27	48				
x-Columbus	28	13	8	7	35	31	46				
Kansas City	28	10	12	6	32	33	36				
Chicago	28	8	12	8	33	37	32				
Toronto FC	28	8	13	7	28	37	31				
New England	28	8	15	5	31	48	29				
Philadelphia	28	7	14	7	32	45	28				
D.C. United	28	6	19	3	19	44	21				
MECTERNI					_						

WESTERN CONFERENCE

	GP	W	L	Т	GF	GΑ	F
x-Los Angeles	28	17	6	5	41	22	5
x-Real Salt Lake	28	14	4	10	41	18	5
x-FC Dallas	28	12	2	14	41	24	5
x-Seattle	28	13	9	6	36	32	4
x-San Jose	27	12	8	7	30	28	4
Colorado	28	11	8	9	39	29	4
Chivas USA	27	8	15	4	29	36	2
Houston	28	7	15	6	37	48	2
Motor Thron point	te for	211	rin.	nnn	for a	tio	

x — clinched playoff berth. **Tuesday's result**Kansas City 2 Chicago 0 Chivas USA at Seattle, 11 p.m.

(All times Eastern)

NFL

WEEK SIX

AMERICAN CONFERENCE

EAST						
N.Y. Jets New England Miami Buffalo	W 4 3 2 0	1 1 2 5	0 0 0 0	Pct .800 .750 .500 .000	PF 135 131 66 87	96 92 161
SOUTH						
Houston Jacksonville Tennessee Indianapolis	3 3 3	2 2 2 2	0 0 0	.600 .600 .600	118 107 132 136	136 137 95 101
NORTH						
Baltimore Pittsburgh Cincinnati Cleveland	4 3 2 1	1 1 3 4	0 0 0	.800 .750 .400 .200	92 86 100 78	72 50 102 97
WEST						
Kansas City Oakland Denver San Diego	3 2 2 2	1 3 3	0 0 0	.750 .400 .400 .400	77 111 104 140	57 134 116 106
NATIONAL	CO	NFI	FRE	NCE		

San Diego	2	3	0	.400	140	106
NATIONAL	CO	NFI	ERE	NCE		
EAST						
Washington N.Y. Giants Philadelphia Dallas	W 3 3 3	2 2 2 3	0 0 0 0	Pct .600 .600 .600 .250	89 106 122 81	92 98 103 87
SOUTH						
Atlanta Tampa Bay New Orleans Carolina	4 3 3 0	1 1 2 5	0 0 0	.800 .750 .600	113 74 99 52	70 80 102 110
NORTH						
Chicago Green Bay Minnesota Detroit	4 3 1 1	1 2 3 4	0 0 0	.800 .600 .250 .200	92 119 63 126	74 89 67 112
WEST						
Arizona Seattle St. Louis San Francisco Byes: Arizona, E	3 2 2 0 Suffa	2 2 3 5 lo, C	0 0 0 0 aroli	.600 .500 .400 .000 na, Cin	88 75 83 76 cinnat	138 77 96 130

Sunday's games
(All times Eastern)
Seattle at Chicago, 1 p.m.
Miami at Green Bay, 1 p.m.
Kansas City at Houston, 1 p.m. Cleveland at Pittsburgh, 1 p.m. San Diego at St. Louis, 1 p.m. Detroit at N.Y. Giants, 1 p.m. Baltimore at New England, 1 p.m. Atlanta at Philadelphia, 1 p.m New Orleans at Tampa Bay, 1 p.m. N.Y. Jets at Denver, 4:05 p.m. Oakland at San Francisco, 4:05 p.m. Dallas at Minnesota, 4:15 p.m. Indianapolis at Washington, 8:20 p.m.

Monday's game

Tennessee at Jacksonville, 8:30 p.m.

CFL

WEEK 16

EAST DIVISION GP W L T PF PA 13 9 4 0 409 337 14 7 7 0 366 366 14 7 7 0 283 363 13 3 10 0 345 350

VEST DIVISION											
	GP	W	L	т	PF	PA	PI				
Calgary	13	10	3	0	452	295	20				
Saskatchewan	14	9	5	0	399	369	18				
C.	13	5	8	0	321	319	10				
dmonton	14	4	10	0	273	149	8				

Edmonton x — clinched playoff berth. Tomorrow's game (All times Eastern) Hamilton at Toronto, 7:30 p.m.

Saturday's game Edmonton at B.C., 10 p.m. Sunday's games Winnipeg at Montreal, 1 p.m. Calgary at Saskatchewan, 4 p.m.

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Crossword

1 Storage structure 5 Alkali neutralizer 9 Cudael 12 Relaxation 13 Musical ending 14 Past 15 "Are You Smarter Than a 5th Grader?" set 17 Sister 18 Rug, so to speak 19 Hoosegow 21 Bunyan's Babe, e.q. 22 "Star Wars" weapon 24 Dermatologist's concern 27 Increase 28 Hurry 31 "Humbug!" 32 Time of your life? 33 Shell game item 34 "Skedaddle!" 36 In medias -37 Unescorted 38 Irrigate 40 3.14 41 Stallone role

43 Deli offering 47 Geological period 48 "Who Wants To Be a Millionaire" aids 51 Donkey 52 Maleficence 53 Brat's stocking stuffer 54 Bambi's aunt Ena, e.g. 55 Rod attachment

56 Initial stake

1 Denomination 2 Head light? 3 Birthright barterer 13 v. .:II .:'1 4 Czar 27 Piece of merchan

5 Farm fraction 6 Bill's partner 7 Altar affirmative 8 Muffles 9 "Wheel of Fortune" chance 10 Chills and fever 11 Broadway prize 16 Driver's license datum 20 "— the ramparts ..." 22 Beer type 23 Firetruck tools 24 Couric's network 25 "Uh-huh"

26 "The Price Is Right"

jackpot

29 Vast expanse 30 Crone 35 Erstwhile acorn 37 Sand component 39 Tenth president 40 Chum 41 Peruse 42 Approximately 43 Hawk 44 Unsigned (Abbr.) 45 43-Across, e.g. 46 Capri or Wight

49 "— been had!"

50 "A pox upon thee!"

➤ Yesterday's answer

Sudoku

1			3	9				6
	7					5	9	
	4			6	2			1
					4			7
		9				6		
4			8					
2			4	5			3	
	8	1					6	
3				8	7			5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

	U	١ "	J	J		_	_
9	3	4	2	6	5	1	8
5	2	7	1	8	9	4	3
7	4	6	9	3	8	5	1
3	1	2	8	4	6	7	9
8	6	1	5	7	2	3	4
4	5	8	6	9	1	2	7
2	7	5	4	1	3	9	6
6	9	3	7	2	4	8	5
	5 7 3 8 4 2	9 3 5 2 7 4 3 1 8 6 4 5 2 7	9 3 4 5 2 7 7 4 6 3 1 2 8 6 1 4 5 8 2 7 5	9 3 4 2 5 2 7 1 7 4 6 9 3 1 2 8 8 6 1 5 4 5 8 6 2 7 5 4	9 3 4 2 6 5 2 7 1 8 7 4 6 9 3 3 1 2 8 4 8 6 1 5 7 4 5 8 6 9 2 7 5 4 1	9 3 4 2 6 5 5 2 7 1 8 9 9 7 4 6 9 3 8 3 1 2 8 4 6 8 6 1 5 7 2 4 5 8 6 9 1 2 7 5 4 1 3	9 3 4 2 6 5 1 5 2 7 1 8 9 4 7 4 6 9 3 8 5 3 1 2 8 4 6 7 8 6 1 5 7 2 3 4 5 8 6 9 1 2 2 7 5 4 1 3 9

4 1 8 9 3 5 7 6 2



Show some love! Send a note to somebody special at kiss@metronews.ca

Candace, my life is perfect with you, and now awaiting our first child, everything feels complete, iloveyou Forever&Always.

I LOVE YOU SARAH! you will always be mine. <3

Andrew Hedman, I love you so much.

I. YANG

I love you so much Persia, every time I'm with you I'm the happiest man on earth and I've had an amazing year, hope there's more to comel LOVE GG :)

Val, Wishing you all the best in your new adventure... Will miss you. XOXOXO R

Sisters make the best of friends! To my better halves, Talisa & Sophia! Love you! FOREVER & ALWAYS - CN

Today Friday PROUD TO BE ONE OF CANADA'S SO BEST MANAGED COMPANIES. 10°/6 n 9. Rain Rain 7777 BON 7376 ros TWN incorporates MSC data

Today's horoscope

T Aries March 21-April 20 You have kept your emotions in check long enough and if you don't let off some steam soon you may well explode. Find a constructive way to ease the pressure

¥ Taurus April 21-May 21

Stand up for what you believe, even though it brings you into conflict with people who don't share your principles. Be aware though that in their own way they are just as principled as you.

II Gemini May 22-June 21 The Sun in Libra makes you want to speed things up, but not everyone wants to be pushed so hard or so fast. Today, if you

want to move ahead you will have to do so on your own.

Gancer June 22-July 22

feuds it is always a good idea to stay neutral and that is very much the position you need to adopt today.

Ω Leo July 23-Aug.23 Don't in your tasks because you will catch up later when your mood shifts and work starts to look attractive again. Be aware of your physical and emotional rhythms.

W Virgo Aug. 24- Sept. 22 | f someone is taking advantage of you then you must do something about it. Don't can never be healed. If it hap-

When dealing with family

worry if you have fallen behind

worry that you might come on too strong and cause a rift that

For today's crossword answers and for expanded horoscopes, go to metronews.ca

← Libra Sept. 23-Oct. 23 You may think that you can cut corners and bend rules and get clean away with it, but is that the truth? Chances are it's wishful thinking. Chances are you're kidding yourself.

M Scorpio oct. 24-Nov. 22 Just over a week from now a new solar year will begin and all the fears and doubts that have been holding you back will simply fade away.

→ Sagittarius

Nov. 23-Dec. 21 If you are dissatisfied with your lot that's a good sign. It means you are aware that your life is not as fulfilling as it could be. Use that dissatisfaction to motivate yourself to make changes. And make them big changes.

り Capricorn Dec. 22-Jan. 20

Strive to stay at least two steps ahead of your rivals. How do you do that? By making sure you are better informed than they

Aquarius Jan. 21-Feb. 18 You are on a winning streak and that streak has some way to run, but if you are smart you will also be looking ahead and thinking about how you can consolidate your gains.

H Pisces Feb. 19-March 20 It may be painfully apparent that you have been living beyond your means and must cut back on what you spend, but don't go from one extreme to the other and deny yourself everything that you enjoy. SALLY BROMPTON



You WIN! write it! Write a funny cap

tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's



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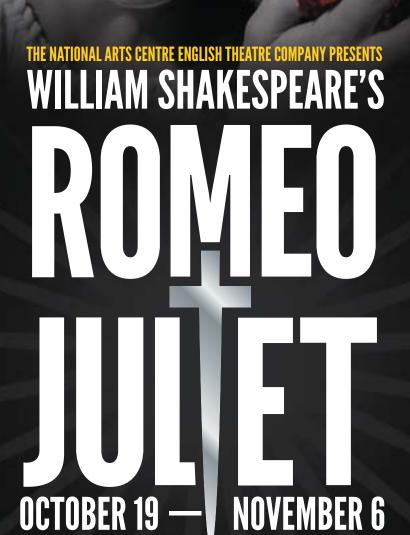
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